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Review Article on Charakokt Varnya Mahakshay for Skin Complexion

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Abstract: ***Background Ayurveda is one of the oldest and most innovative natural medical systems. Sociologically speaking, beauty is significant, and everyone should care deeply about skin colour. The primary goal of Ayurveda is to treat illness. The colour of the skin is known as varna in Ayurveda. The term "varnay" refers to enhancing the complexion by restoring and maintaining the natural texture and tone of the skin. Varnya Mahakashaya is the 8th group of 50 Mahakashaya, described in Chapter 4 of Charak Sutrasthan and contains 10 drugs. The mechanism of action of the herbs mentioned in Varnya Mahakashya is maintaining skin color. Varnya, classified as "improving the complexion", Varnya refers to medicinal herbs that promote "skin whitening" (whatever brings softness and beauty to skin along with enhancement of complexion, radiance or luminescence is termed as varnya). Aims and objectives- This article trying to elaborate the skin complexion enhancing medicinal plants by their mode of action, medicinal effect, Latin name, image, formulations etc. Ayurvedic literature describe many herbs for skin complexion. Now it is a time to highlight the Ayurveda in the world of cosmetics with its unique aspects. The adverse reaction of modern cosmetics and higher cost of therapy are also one of the causes to look towards Ayurveda for its humeral approach. There is a great demand for Ayurveda in the field of cosmetology. Material and methods- for the purpose of this review article description related to charak Samhita, various research articles, websites, review articles and internet sources and reference texts is done. Discussion -as per description of twacka and varna we find out that many factors are responsible for complexion and varnya mahakashay dravyas act on those by their medicinal properties.***
Keywords: Varnay, Mahakashay, skin complexion, Varna,

I. INTRODUCTION

A topic of socio-medical significance is beauty. People constantly work to maintain healthy, beautiful skin. Utilising *Varnya Maha Kashaya* contributes to longevity with good health by keeping skin complexion in addition to generating an attractive outward look because to its numerous medical characteristics. *Varna* is Sanskrit word, which means colour and the 'Ya' suffix indicates health associated with the concept of the body. A drug that improves the appearance of the skin is known as *Varnya*. *Charak Samhita* is great text in Ayurveda a group of 10 medicinal plant known as *Varnya Mahakashaya* Includes *shwet chandan, manjishtha, padmak, sariva, nagkeshar, ushir, yashtimadhu, neel (harita) durva, shwet durva, kshirvidari*. which helps the skin to be shining, glowing and radiant with enough tightness in it. In ayurveda *Chaya* and *Prabha* are 2 things that cover all the elements of good skin. *Chhaya* means complexion and *Prabha* means glow Both forms are important part of *Varna* examination. One of the functions of *pitta* is *Prabha*, and *bhrajaka -pitta*, which is closely associated with skin complexion, radiates a person's natural radiance and is conveyed through *varna*. This *Mahakashaya* helps to increase both elements. According to Ayurveda, *Paka* of *rakta-dhtu* is responsible for the development of the skin in a foetus. *agni-mahbhuta*, which has *pitta* as its primary seat, is the cause of *varna-Utpatti*. As a result, *varnya* is the term used to describe plants that alleviate pitta and *Rakta* in general by acting through their *rasa*, *vipaka*, or *Prabhava*. According to Ayurveda, *bharajak pitta*, which is closely linked to skin, is in charge of skin colour.

II. OBJECTIVES

To study the varnay mahakashay herbs and their probable mode of action for *varna vriddhi* (skin complexion).

III. MATERIALS AND METHODS

This review article description related to charak Samhita, many research articles and internet sources. This article describes varnya dravyas pharmacological properties, mode of action, images, useful parts, formulations and modern corelation of varna.

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Table1. General Introduction to Varnay Mahakashay Herbs-

"चन्दनतुङ्गपद्मकोशीरमधुकमञ्जिष्ठासारिवापयस्यासितालता इति दशेमानि वर्ण्यानि भवन्ति"

(Charak sutra 4/10)

S.N.	DRAVYA NAME	RASA	VEERYA	VIPAKA	DOSHGHANTA
1.	*Shwet chandan*	*Tikta, Madhura*	*Sheeta*	*Katu*	*Pittakapha shamak*
2.	*Padmak*	*Tikta, Kashaya*	*sheeta*	*Katu*	*Tridosh shamak*
3.	*Nagkeshar*	*Tikta, Kashaya*	*Alpa Ushana*	*Katu*	*Kaphapitta shamak*
4.	*Ushir*	*Tikta, Madhura*	*Sheeta*	*Katu*	*Pittakapha shamak*
5.	*Manjistha*	*Tikta, Madhura, Kashaya*	*Ushna*	*Katu*	*Pittakapha shamak*
6.	*Sariva*	*Madhura, Tikta*	*Sheeta*	*Madhura*	*Tridosh shamak*
7.	*Shwet Durva*	*Tikta, Kashaya*	*Sheeta*	*Madhura*	*Tridosh shamak*
8.	*Neel/Harit durva*	*Tikta, Kashaya, Madhura*	*Sheeta*	*Madhura*	*Kaphapitta shamak*
9.	*Yastimadhu*	*Madhura*	*Sheeta*	*Madhura*	*Tridosh shamak*
10.	*kshirvidari*	*Madhura*	*Sheeta*	*Madhura*	*Vatapitta shamak*

Table 2. Latin name, Family, Chemical composition of Varnay Mahakashay Dravya's-

S.N.	Dravya name	*Latin name*	Family	Chemical composition
1.	*Shwet chandan*	*Santalum album*	Santalaceae	Santalol
2.	*Padmak*	*Prunus cyrasodius*	Rosaceae	puddumin-A, bita-sitosterol, stigmasterol, ursolic acid, prunetinoside, glucogenkwanin, neosakuranin.
3.	*Nagkeshar*	*Mesua ferrea*	Guttiferae	Mesuaferin A&B, Bayoflovhinals, Mamisin mesuaul, Mesuon
4.	*Ushir*	*Vetiveria zizanoids*	Gramineae	sesquiterpenes (3-4 %), sesquiterpenols (18-25 %) and sesquiterpenones (7-8 %)
5.	*Manjistha*	*Rubia cordiofolia*	Rubiaceae	Purin, Manjishthin, JanthosudoPurin
6.	*Sariva*	*Hemidesmus indicus*	Asclepiadaceae	Roots-Methoxy Salicylic aldehyde Seeds- Sisterol, Tetracycline try tripin, Ketone, Saponin
7.	*Shwet durva*	*Cynadon dactylon*	Gramineae	10.4% -Proteins, 27.1%-Fibers, 11.7%-Calcium, Magnesium, Phosphorus Sodium, Potassium, carbohydrate, Alkaloid, glucoside

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8.	*Neel/Harit durva*	*Cynadon dyctylon*	Gramineae	10.4% -Proteins, 27.1%-Fibers, 11.7%-Calcium, Magnesium, Phosphorus Sodium, Potassium, carbohydrate; Alkaloid, glucoside
9.	*Yastimadhu*	*Glycyrrhiza glabra*	Leguminosae	Glycrayzin isoliquiritin oestrogen, Glucose, Sucrose, Mannitol
10.	*kshirvidari*	*Ipomea digitata*	Leguminosae	Carbohydrate, protein

A. Classical Therapeutic Effect of Drugs[i]*-*

- *Chandan- Hridaya, durgandhahara, krimighna, varnya, dahaprasman.*
- *Tung- Varnya, urdhajatrugatarogahara, vastivatamayghna.*
- *Padmak- Garbhsthapan, ruchaya.*
- *Ushir- Pachna, stambhna, dahaklantihara.*
- *Madhuk-Varnya, vrsya, chaksusya, balya, raktaprasadana.*
- *Manjistha- Varnya, vrsya, krimighna, shothaghna, kusthaghna, rasayana, shonitsathapana, artvajanana, stambhna.*
- *Sariva-Raktasodhaka, visaghna, deepana, jwarahara.*
- *Payasya- Varnya, balya, stanyakara, svarya, vrsya, jivaniya.*
- *Shweta durva- Ruchya Shrmsan.*
- Medicinal qualities of Dravya's-

1) Shwet Chandan



Useful part – heart wood *(kanda sar*), sandalwood oil

- Sandalwood paste external application improves skin complexion, excessive sweating and bad Odor. Commonly used ayurvedic cosmetic for skin care.
- Rich in sesquiterpenoid alcohols that is used in various skin fairness herbal cosmetics.
- Alpha santanol and beta santanol are chemical components present in its oil. Alpha santanol has inhibitory action on tyrosinase
- Due to its *varnya* and *dahashamak* properties it's used in all skin diseases.[ii]

2) Padmak



Useful part – stem bark, seed

- Due to its *Varnya, kandughna, Kusthaghna* and *dahashamaka* properties used in skin care.
- It enhances skin fairness by antimelanogenesis activity of Puddumin B. It suppresses tyrosinase protein.[iii]
- Powdered extract of *Padmaka* contains six vital minerals, including copper, zinc, and iron, in varying amounts. It also aids in skin clearing and moisture retention by battling acne-causing germs.

3) Yastimadhu



Useful part- root

- The *Varnya*, Anti-Aging, Antioxidant, Antimicrobial, Photosensitivity, and Anti-Acne qualities of *Yashtimadhu* root are beneficial for maintaining healthy skin.
- The glycyrrhizic acid in it regulates the release of melanin from the skin, reducing dark pigmentation and boosting skin fairness.

Hence, used widely in cosmetic products. [iv,v]

4) Manjishtha



Useful part-root

- Chemically, it comprises glucosides coupled with resins, lime salt, and colouring agent. It is used in treating several sorts of skin problems.
- Manjishtha's methanolic extract has been shown to have an inhibiting effect on tyrosinase, which makes it effective as a skin-whitening agent.
- It is a superb ayurvedic herb that is generally used to fade dark spots and even out your skin's tone.
- The ancient ayurvedic texts enunciate its qualities as *rakta shodhak* (purifying blood), and *varnya*.[vi]

5) Sariva



Useful part- root

- Well known *Raktaprasadak* herb in Ayurveda used in all types of skin diseases.
- It shows antioxidant activity.
- Methanolic extract of its root shows tyrosinase inhibitory activity. [vii]

6) Ushir



Useful part- root

- Chemical constituents like Alfa amorphene, beta vatirenene, alfa grujunenr and dehydro-
- aromadendrene are present.
- It exhibits antioxidant activity, which prevents induced melanogenesis and lowers melanin formation by deactivating tyrosinase. Oxidative stress is also separated at the same time.
- This plant's oil is a wonderful emollient that nourishes and revitalises dry skin. This ayurvedic herb's remarkable ability to reduce pigmentation and dark spots on the skin is only one of its incredible advantages.[viii]

7) Shwet durva –



Useful part - whole plant (*panchang*)
It is *tikta, Kashaya rasatmak, shita* and *tridoshshamak* herb.

8) Harit durva

Useful part- whole plant *(panchang*)

- It is *tikta Kashaya* and *Madhura, sheeta* and *kapha pittashamak* herb.
- Both *shweta durva* and *harita durva* maintains alkalinity of blood and also does purification of blood and therefore used as *Varnya*. [ix]

9) Kshirvidari



Useful part – tuber

- *Madhur, sheeta* and *vatapitta shamak* in nature.
- Helps in balancing *pitta dosha*. Improves the quality of *kapha* and plays important part in nourishment of skin. [x]

10) Nagkeshar



Useful part- stamens

- It helps balance the excess oil production of the skin. Helps reduce the dark spots and blemishes on the skin.
- It deeply clears and purifies the skin and also lightens the pigmentation.
- Its antioxidant action helps to protect skin from ultra violet rays.
- This ayurvedic herb is renowned for its antioxidant, antiseptic and anti-inflammatory properties.
- It helps balance the excess oil production of the skin. Helps reduce the dark spots and blemishes on the skin. The oil extracted from the stamen of its flowers, is an effective antibacterial ingredient.[xi]

B. Formulations [xii]

These drugs are used either internally or externally either individually or in a combination in a variety of ways. Different herbal formulations can be prepared such as-

Churna, Kwatha, Phanta (Sugandhi Dravya), locally Lepa, Pralepa Kashaya (decoction) [1], *Ghanavati (tablets/pills) [2] and* Kalka *(paste) [3]*.

C. Probable mode of action-

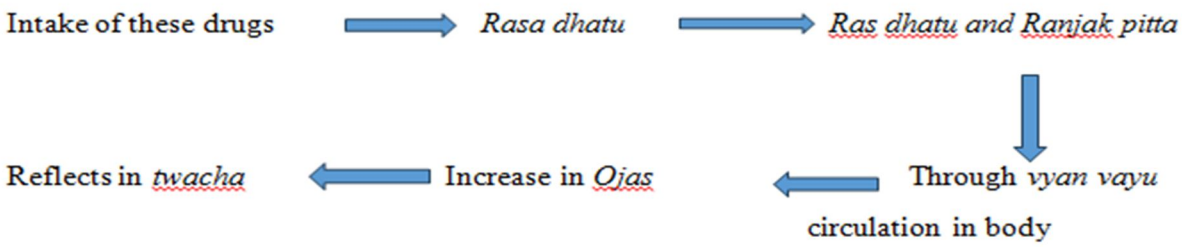
1) According to Modern

Varnya Dravya disrupts the melanin formation pathway through tyrosinase inhibition. Hence it is potentially excellent whitening agent that help in improving the skin colour.[xiii]

2) According to ayurveda-

External application of *varnaya mahakshaya* herbs affects the *bhrajaka pitta*, which is a main component in determining skin colour. However, when we employ the same thing internally, it helps to treat illnesses and detoxify the blood.

D. xiv Physiology of these drugs-



IV. DISCUSSION

These herbs contain *Madhur, Tikta, Kashay Rasa. Varnay Dravya* affects the *bhrajak pitta*.

1) *Ushna veerya* performs *raktvardhan*, activates the *bhrajak pitta*, and helps with medication absorption. *Ushan Veerya* has a *vatashamak* activity that removes darkness as *vata* is what gives skin its colour.
2) Madhur rasa has *snigdha* and *guru guna* responsible for *mardav, varan prasadhan* .it has *dhatuvardhan, ojovardhak and pittashamk* action, *vatadosh shamak* action. *Madhur rasa* and *tikta* are *sheeta virya* endure with *pittaghna, raktprasadhak krma*. thus, helps enhancing the skin complexion.

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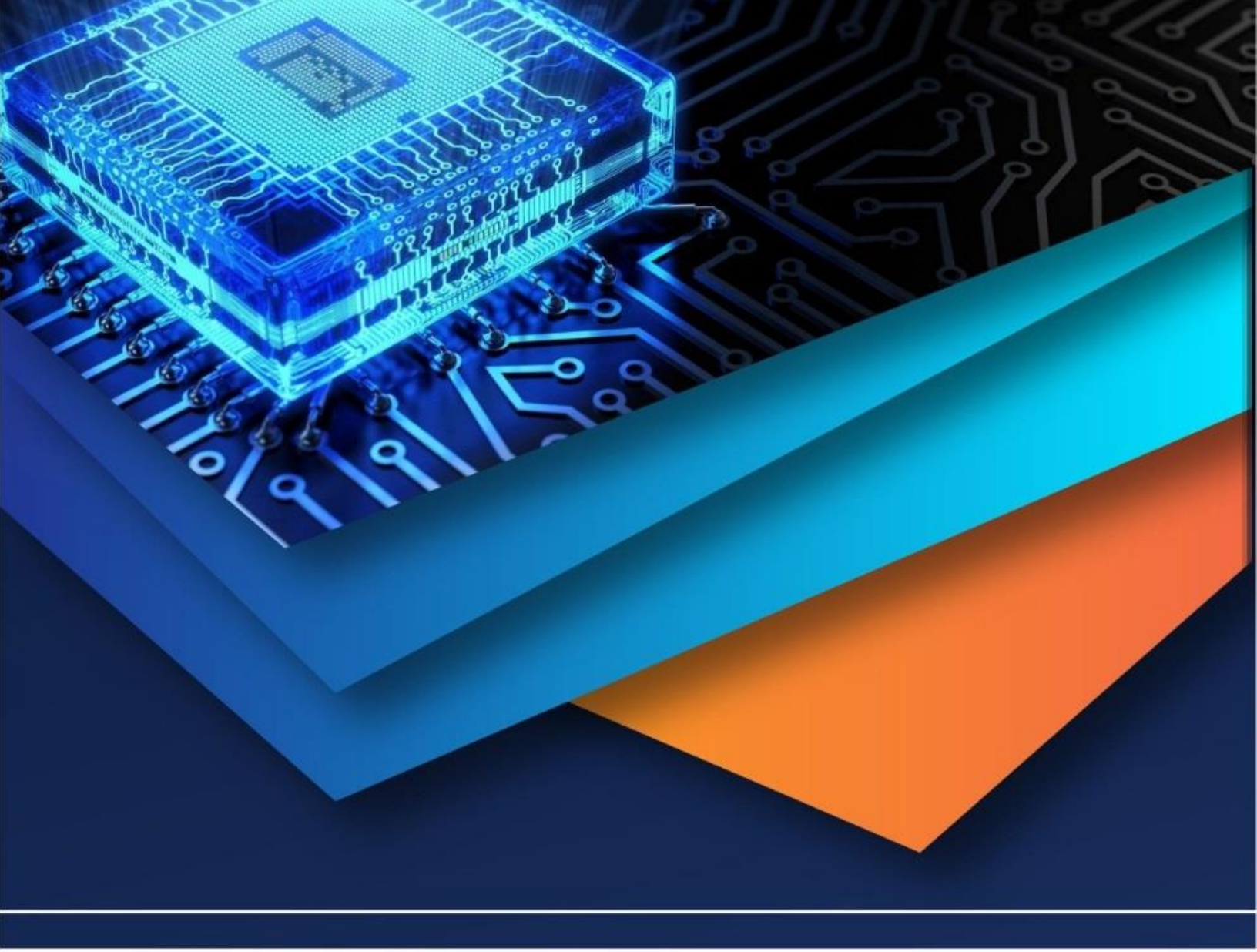
3) *Kashaya* and *Tikta Rasatmaka dravyas* absorb *Kleda* and cools down *Pitta*. It therefore results in purification of blood *(Raktashodhana*). It relieves the blood of excess fluidity and stickiness. And this way leads to *Varna Prasadana.*
4) So, we can say that- *Dravyas* in *Varnya Mahakashaya* act as *Varnya*, *Raktaprasadak*, *Raktavardhaka*, *Raktashodhaka*, *Ojovardhaka*, *Pittaghna* and *Vataghna.*

V. CONCLUSION

Varnya Mahakashaya dravya are mainly *Madhura tikta rasatmaka, kapha pitta shamaka.* Therefore, shows *varnya* effect. They can be used externally or internally. They work on variety of elements which creates and nourishes skin. plays many roles such as helper, purification agent, stimulator and creator of natural blood. These herbs can be used individually or in combination to prepare formulations such as oils, powders, or pastes for external application or as part of internal medications. Cosmetics are used in wide range which leads to many hazardous effects due to many chemicals. Ayurveda emphasizes a holistic approach the use of herbal formulations to promote overall well-being and healthy skin. In exploring the realm of *Varnya Mahakashaya*, one finds a rich tradition that blends nature, holistic well-being, and the pursuit of radiant, healthy skin. Ayurveda, with its timeless wisdom, continues to contribute to the diverse landscape of skincare, offering an alternative approach that transcends conventional beauty standards. There are immense opportunities to use herbal ingredients in the cosmetics in accordance with the principles of Ayurvedic medicine.

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